

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

FALL
2018



Happy Fall from those of us at the ADRC! We hope you enjoy our fall edition of the Portland Resource and the great information included!



You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

Any feedback or questions, please contact ADRC at (920)-929-3466.



Contact Us
...

The Aging & Disability
Resource Center of
Fond du Lac County is
located at

50 N. Portland
Street
Fond du Lac, WI
54935

Office Hours:
Monday-Friday
8:00 am- 4:30 pm
(920) 929-3466
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

Medicare Part D (Prescription Drug Coverage) Open Enrollment

October 15 to December 7 individuals with Medicare can change their Medicare health plan and/or prescription drug coverage for 2019. Information on 2019 plans will be available the beginning of October. If a person is satisfied that their current plan may meet their needs for next year, it is still a smart idea to review plans annually to see if the costs or coverage are changing for 2019. Assistance with reviewing Part D plans is available through either the Disability Benefit Specialist or the Elder Benefit Specialist.

To schedule appointments to review Medicare Part D Plans...

Those who are 18-59 can schedule with the Disability Benefit Specialist.

Call the ADRC at (920) 929-3466 to request an appointment.

Disability Benefit Specialist
50 North Portland Street
Fond du Lac WI 54935

Those who ages 60+ should call the Elder Benefit Specialist.

Elder Benefit Specialist
Fond du Lac County Department of Senior Services
160 South Macy Street 3rd Floor
Fond du Lac WI 54935
920-929-3521

Other Resources:

- 1-800-MEDICARE
- <https://www.medicare.gov/part-d/>
- <https://www.dhs.wisconsin.gov/publications/p0/p00166.pdf>

Fall Awareness Day 2018



WHEN: Friday, September 21, 2018

WHERE: Moraine Park Technical College
235 N. National Ave, Fond du Lac
Parking in Lot O-1

TIME: 10:00 a.m. – 2:30 p.m.

★ **RESOURCE BOOTHS**

★ **CHAIR YOGA**

★ **PRESENTER**

★ **LUNCH PROVIDED**

★ **FLU CLINIC**

NEW THIS YEAR!

- Fall Risk Screenings including:
 - Gait assessments
 - Blood Pressure
 - Medication Review
 - Vision Acuity
 - Hearing Screens
- Eye Glasses cleaning and adjustments

TO REGISTER FOR THIS FREE EVENT, CALL THE FOND DU LAC COUNTY
AGING AND DISABILITY RESOURCE CENTER (920) 929-3466

TODAY, AS SPACE IS LIMITED.

EACH PERSON MUST BE REGISTERED INDIVIDUALLY.

National Family Caregiver's Month

By Lori Anderson- Fond du Lac County Senior Services

In recognition of National Family Caregiver's Month in November, the following is an article to encourage us to remember how important it is for us as Caregivers to give ourselves the proverbial 'oxygen mask' first, so we can be our best at helping our loved one.

Local information about Caregiver programs can be found by contacting Lori at Fond du Lac County Senior Services, 920-906-4792. Article published on Family Caregiver Alliance, FCA (<https://www.caregiver.org>)

A Guide to Taking Care of Yourself

"The care you give to yourself is the care you give to your loved one," said a caregiver. Absolutely the easiest thing for someone to say and the hardest thing to accept is the advice to take care of yourself as a caregiver. It is often hard to see beyond the care tasks that await you each morning.

What is shown by study after study is that caregiving compromises health. About 60% of caregivers show signs of clinical depression, and caregivers take more prescription medications, including those for anxiety and depression, than others in their age group. Reluctance in asking for and accepting help is a major barrier to getting necessary respite and support. Who has time to think about breaks when there is a diaper that needs to be changed? Seventy-five percent of caregivers in America are women, some taking care of spouses/partners, some adult children taking care of parents, some parents taking care of adult children. What does taking care of yourself mean, why is it so hard to do, and how do you do it?

Support--Support and coping comes in many forms—prayer, talking to family, friends or professionals, saying "yes" to offers of help, taking walks, reading a book, eating hot fudge sundaes. But most caregivers end up withdrawing from friends and family and feeling isolated and as if no one understands. Support groups can be an important source of understanding and connection.

Guilt--Guilt that "I should" do this or be able to do it, guilt that your loved one won't get as good care if you aren't doing it, guilt that something will happen if you are away, guilt about having a good time when someone else is not. As there is no "perfect parent," there is no such thing as a "perfect" caregiver. And you are not selfish to sometimes think about yourself and your needs and feelings. Although caregivers feel guilty when they get angry or frustrated, these feelings are OK and a way to know how well you are coping. "How can I say it is difficult when I really love this person?" questioned the husband of a client.

Setting Limits--Learn to ask for help. The often-heard question, “Is there anything you need?” has but one answer: Yes. “Yes, I need a meal, I need someone to stay here so I can go out, I need some time by myself, I need flowers, I need

help in the garden, I need some groceries.” Learn to say “no” to requests that are draining rather than nurturing, such as hosting holiday meals. You can still make choices about your life and what is right for you and you do still have some control.

Your Body--Not getting enough sleep is a major cause of illness and stress in caregivers. Exhaustion is one of the main complaints, leading to irritability and then inappropriate anger which then leads to more guilt. Talk with your physician about medication for either yourself or your loved one to help with sleeping through the night. Know the limits of your own endurance and strength. Make sure you have regular checkups and that those “little concerns” about your health are looked into. Exercise is even more important as it gives you a break, combats depression, and helps you maintain health. When I talk with caregivers, one of their fears is worrying about what will happen to their loved one if something happens to them. Worrying doesn’t help. Taking better care of your health does.

Education--Learn as much as you can about the illness so that you can understand what is happening. Attend a workshop or support group, not just for emotional support but also to learn caregiving tricks to make caregiving easier. You can't know it all; this is a job you weren't trained to do. Contact someone who can help you connect with community resources and use them.

Emotional Health and Respite--Taking care of yourself may mean dealing with family problems. How can you make your siblings pull their weight? Possibly you can't, and learning how to have a family meeting or work around them is essential for survival. One family actually has a chart and marks off what each does so no one can say, “You aren't doing your share.” It is easy to become overwhelmed, thus the need for breaks. One caregiver told me that she deals so much better with her husband when he has been at day care, because when he comes home, she is not already frustrated by him. Without breaks, you begin to question yourself, feel inadequate, and experience burn out. Caregivers are often mourning the loss of the person “who used to be.” Grief and loss need to be acknowledged.

One of the stressors of caregiving is seeing no end to the situation. Having a life and connections outside of caregiving helps you to maintain perspective, so that caregiving doesn't become ones only reality. You might be interested in the FCA’s Taking Care of YOU: Self-Care for Family Caregivers, a guide to assist caregivers in facing day-to-day challenges.

Meanwhile, your best defense is a sense of humor. Find people or situations to laugh at daily. It refreshes the soul and renews your spirit.

Source URL: <https://www.caregiver.org/guide-taking-care-yourself>

MAKE YOURSELF A PRIORITY, TOO

[TIPS FOR CAREGIVERS]

Nearly
15 million
Americans provide
unpaid care
to an older adult.



National Health and Aging Trends Study, 2011



Caregivers who provide
substantial care are
more likely to have
**physical & emotional
health problems.**¹

National Health and Aging Trends Study, 2011

¹ Substantial care refers to involvement in health care activities, including care coordination and medication management.

Take care of yourself.

It is one of the most important things you can do as a caregiver.



Ask for help when you need it.

Spend time with friends.



Join a support group—
in person or online.

Take breaks each day.



Keep up with hobbies.

Use these tips, and learn more about
caregiving at www.nia.nih.gov/caregiving.



Source: <https://www.nia.nih.gov/health/infographics/make-yourself-priority-too-tips-caregivers>

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

A Word From The Alzheimer's Association:

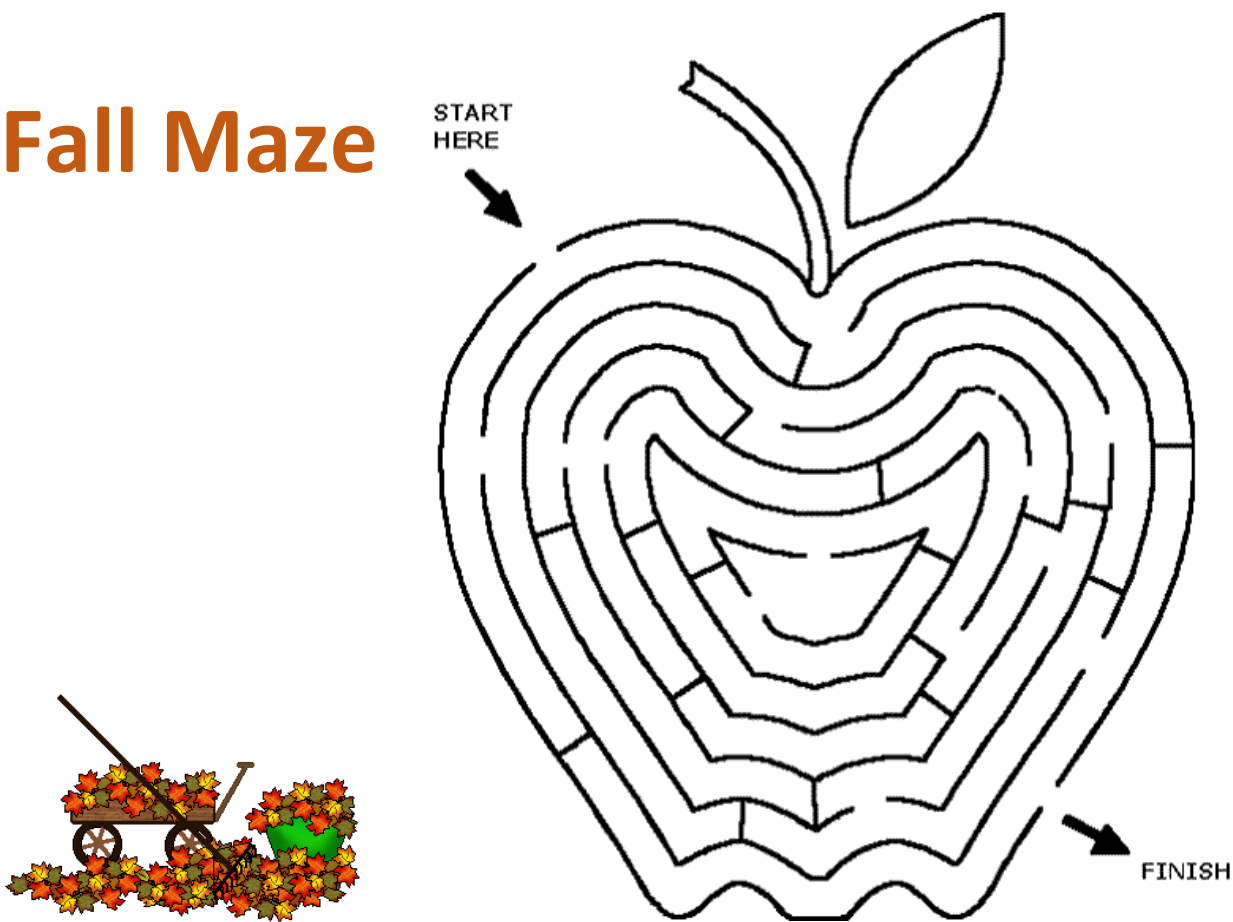
The Ripon Caregiver Support Group will be starting back up this October 2018.

This group creates a safe, confidential, supportive environment or community and a chance for caregivers to develop informal mutual support and social relationships. They also educate and inform about dementia and help caregivers develop methods and skills to solve problems.

It will be on the 2nd Tuesday of every month from 5-6 p.m. at the Ripon Medical Center. The group will meet in the Green Lake room on the 1st floor of the hospital.

Please contact Alyssa Nickodem at 800.272.3900 for any questions.

Fall Maze



Source: https://www.sermons4kids.com/fall_of_man_apple_maze.htm

2018 Walk to End Alzheimer's - Fond du Lac County

Help take the first step to a world without Alzheimer's!!

The Fond du Lac County walk will take place

Saturday October 6th, 2018

Registration: 8:30 am

Ceremony: 9:40 am

Walk: 10:00 am

Location: Moraine Park Technical College

235 N. National Ave Fond du Lac WI

Contact: Sara Rupnick 414-479-8800

Website: http://act.alz.org/site/TR?fr_id=11632&pg=entry



Stepping On Falls Prevention

Our next stepping on class will be held Mondays from 1:30 pm to 3:30 pm at the Fond du Lac Senior Center (151 E First Street Fond du Lac). It will run September 24th through November 5th.

Call the Senior Center at 920-322-3630 to register.



Fond du Lac County Care Giving Conference

The More You Know
A day of education and
support for those who care

Thursday September 27, 2018
8:30 a.m. - 3:30 p.m.
Holiday Inn Conference Center
625 W. Rolling Meadows Drive
Fond du Lac

alzheimer's  association®



Dementia Care Network
of Fond du Lac County

Fond du Lac Care Giving Conference Registration Form

Registration deadline: Friday, Sept. 21, 2018

Name: _____

Address: _____

City/State/ Zip: _____

Phone: _____

Email: _____

Workshop A ☐ 1. ☐ 2. ☐ 3. ☐ 4.

Workshop B ☐ 5. ☐ 6. ☐ 7. ☐ 8. ☐ 9.

Conference Fees:

☐ \$5 Family Caregiver

☐ \$15 Professional Caregiver

Certificates of Attendance will be provided
for professionals attending the full day.

**Mail completed registration form
and check made payable to:**

Alzheimer's Association
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

General Conference Questions?
Contact Alyssa Nickodem: 800.272.3900
Registration Questions?
Contact Kelly Conway: 800.272.3900

**Funding & care options available
for family caregivers.**
Call for details: 920.906.4792

Thursday, September 27, 2018 - Holiday Inn, 625 W. Rolling Meadows Drive, Fond du Lac

Free chair massages to be offered by No Knots throughout the day.

Schedule of Events

8:30 Registration (light continental breakfast). Visit Exhibitors.

9:00 Welcome

9:15 **Keynote: Ambiguous Loss: What is it? How Does It Impact Our Emotional/Physical Well Being?**

Lynda Markut, Education & Family Support Coordinator, Alzheimer's Association Southeastern Wisconsin Chapter. Dementia impacts the person living with the challenges, and the care partner. We change, relationships change. We learn about the illness and honor and accept the changes as we work through the losses. It starts with letting go of the person as they used to be and accepting this "new normal".

10:15 Break. Visit Exhibitors.

10:30-noon **Workshop A (choose one from #1-4)**

1. **It Always Seems Too Early Until It's Too Late.** *Lynn Abraham, Training & Development Manager, Lakeland Care INC.* What a power of attorney advance directive is, and the importance of being proactive in expressing personal wishes regarding medical care and financial decisions.
2. **Care Options.** *Sandy Tryon, Supervisor & Jaclyn Jaekels, Adult Protective Services Social Worker, Aging & Disability Resource Center.* Learn what information and assistance the Aging & Disability Resource Center can provide to individuals and their caregivers. Discuss long-term care options, counseling, private pay and public funding services, and adult protective services.
3. **Multiple Sclerosis and Cognition.** *Renae Patrick, Neuroscience Nurse Practitioner, Lakeside Neurocare.* Forgetfulness, Impairment, or Something Else?
4. **Don't Let the Singing Stop.** *Mary Patricia Voell, Owner, Legacies LLC.* Through story and song, celebrate lives lived, suggesting engaging approaches to gather and preserve stories through the various stages of dementia.

12:15 Lunch (included with registration). Visit Exhibitors.

1:15-2:15 **Workshop B (choose one from #5-9)**

5. **Understanding & Responding to Dementia Related Behaviors.** *Lynda Markut, Education & Family Support Coordinator, Alzheimer's Association Southeastern Wisconsin Chapter.* Learn to decode behavioral messages, identify common behavior triggers, learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.
6. **Dementia & Driving.** *John Holloway, Supervisor, Medical Review & Fitness Unit, Division of Motor Vehicles.* A diagnosis of dementia is not in itself a reason to stop driving. What matters from a legal and practical perspective, is whether the person is able to drive safely.
7. **What Does Religion & Spirituality Have to Do With Dementia?** *Sue Schmitz, Parish Nurse, Pilgrim UCC.* We are spiritual beings and that does not change in those with dementia. Explore what roles religion and spirituality play in everyday life for those with dementia and caregivers.
8. **Living in the Moment.** *Walter Zerrenner, Husband, Caregiver & Advocate.* Learn about Walter's care giving journey with his wife, Aline, who was diagnosed with Alzheimer's disease in 2009.
9. **Caregiving Pathways.** *Nathaniel Chin, Director of Medical Services, Wisconsin Alzheimer's Disease Research Center.* Learn about a program incorporating physical therapy, occupational therapy, speech therapy, swallow therapy, counseling, and community engagement early in the disease process to maximize quality of life.

2:15 Break. Visit Exhibitors.

2:30 **Keynote: When the Heart Aligns with the Head ...We Can Move Mountains**
Greg Giles, CEO, Fond du Lac Family YMCA.

3:15 Closing, wrap-up and door prizes.

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jaclyn Jaeckels (920) 929-7506, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

If you would like to request to be on the mailing list for our newsletter please call (920) 929-3466, TTY: Use Relay, or email adrc@fdlco.wi.gov.

Please watch for our Winter Edition of The Portland Resource in December 2018!!